



# BANANA & NUT BUTTER SANDWICH SNACK

**(Per Serving) Calories 196  
Carbs 18g / Protein 4g / Fat 12g**

## INGREDIENTS

2 Squares Dark  
Chocolate(melted)

1 Medium Banana(cut into 12  
pieces)

24g Nut Butter(smooth or  
crunchy) eg. Peanut, Almond or  
Cashew

1 tbsp Desiccated Coconut

## PREP TIME

Serves 2

Prep Time 5 mins

Cook Time 30 mins

## HOW TO COOK

- 01** Put the chocolate into a microwavable dish and melt in 10 second bursts in the microwave, stirring regularly.
- 02** Peel the banana and chop in 12 pieces. Lay 6 pieces of banana onto a serving tray.
- 03** Add the nut butter to the banana pieces, then put the other 6 pieces of banana on top of the nut butter, creating mini sandwiches.
- 04** With a spoon, drizzle the melted chocolate over the top of each banana sandwich. Sprinkle the desiccated coconut over each sandwich.
- 05** Place in the fridge for 30 minutes to allow the chocolate to set before serving.